

# Walnut Broccoli Casserole

Vinnie Biltmier

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 12

*3 packages chopped frozen  
broccoli  
1/2 cup butter  
4 tablespoons flour  
1 1/2 teaspoons powdered  
chicken stock base  
2 cups milk  
1 cup cheese, grated  
2/3 cup water  
6 tablespoons butter  
2/3 package seasoned  
stuffing mix  
2/3 cup chopped walnuts*

Preheat the oven to 350 degrees.

Cook the broccoli until just tender. Drain. Place in a flat, greased two-quart casserole dish.

in a saucepan, melt the butter. Blend in the flour and cook gently over low heat. Add the chicken stock base. Gradually add the milk. Cook until thickened and smooth. Stir in the grated cheese. Pour over the broccoli.

Place the stuffing mix in a bowl.

In a saucepan, heat the water and six tablespoons of butter until melted. Pour over the stuffing mix. Toss. Add the nuts. Place the stuffing on top of the broccoli and sauce.

Bake for 30 minutes.

*the amount of water used  
with the stuffing may have to  
be adjusted according to the  
stuffing mix used, you need  
a moist combination.*

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Per Serving (excluding unknown items): 195 Calories; 19g Fat (83.6% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 295mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat.